



Longwood Community Recreation Center

October 2018 Newsletter

55+ Active Adult Programs

The Longwood Community Recreation Center Active Adult 55+ program meets on Mondays and Wednesdays from 10 am—2 pm and offers an opportunity to enjoy exercise classes, entertainment and guest speakers. Bring a lunch and spend the day or drop in for something of interest. There is always room for new friends!

October 2018 Program Highlights

- **Movie Showing “Hocus Pocus”**... After moving to Salem, Mass., teenager Max Dennison (Omri Katz) explores an abandoned house with his sister Dani (Thora Birch) and their new friend, Allison (Vinessa Shaw). After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal. **Must Sign Up to Participate... 10/15 at 12:30pm**

- **Planning Meeting**... Led by Senior Coordinator... This time is designated for us to get together and plan on what to do for future Mini Trips, Entertainers, Entertainment, Parties, Events, Movies, Meetings, Seminars, etc... **10/22 at 12:30 pm**

- **Fall Prevention Seminar**... By Brooke Grove... Fall prevention is a variety of actions to help reduce the number of accidental falls suffered by older people. Falls and fall related injuries are among the most serious and common medical problems experienced by older adults. Nearly one-third of older persons fall each year, and half of them fall more than once. Join us in this Informational Seminar on Fall Prevention. **Must Sign Up to Participate... 10/31 at 12:30pm**



**Senior Program
Coordinator:**
Grace Won

**Senior Program
Hours:**
Monday and
Wednesdays

10:00 AM —2 PM

Center Director:
Katie Dowdy

Assistant Director:
Cristen Steele

Address:
19300 Georgia Ave
Brookeville, MD

Phone:
240-777-6920
Hablamos Español

Center Hours:
Monday-Thursday
10 AM– 9 PM

Saturday
10 AM – 5 PM

Friday and Sunday
CLOSED

Montgomery County, Maryland is committed to complying with Americans with Disability Act, (AADA). If you need auxiliary aids or services in order to participate (such as mainstream, companion, large print, ASL or cued speech interpreter, please call 240-777-6960 at least two weeks prior to participation. (TTY 240-777-6974)

Monday, October 1:

9:00 am Zumba Gold (Social Hall)
10:00 am Tai Chi (Social Hall)
10:00 am Mah Jongg (Art Room)
10:00 am Coffee Club (Art Room)
11:00 am Bone Builders (Social Hall)
2:00 pm Bone Builders (Social Hall)

Tuesday, October 2:

9:00 am Senior Strength and Balance (Social Hall)
10:00 am Pickleball (Gym)
10:00 am Bridge (Art Room)
10:00 am Yoga (Social Hall)
11:00 am Rummikub (Art Room)

Wednesday, October 3:

9:00 am Zumba Gold (Social Hall)
10:00 am Senior Strength and Balance
10:00 am "Just My Two Cents!" Discussion Group (Art Room)
11:00 am Bone Builders (Social Hall)
2:00 pm Bone Builders (Social Hall)

Thursday, October 4:

12:30 pm Pickle Ball (Gym)

Monday, October 8:

9:00 am Zumba Gold (Social Hall)
10:00 am Tai Chi (Social Hall)
10:00 am Mah Jongg (Art Room)
10:00 am Coffee Club (Art Room)
11:00 am Bone Builders (Social Hall)
2:00 pm Bone Builders (Social Hall)

Tuesday, October 9:

9:00 am Senior Strength and Balance (Social Hall)
10:00 am Pickleball (Gym)
10:00 am Bridge (Art Room)
10:00 am Yoga (Social Hall)
11:00 am Rummikub (Art Room)

Wednesday, October 10:

9:00 am Zumba Gold (Social Hall)
10:00 am Senior Strength & Balance (Social Hall)
10:00 am "Just My Two Cents!" Discussion Group (Art Room)
11:00 am Bone Builders (Social Hall)
2:00 pm Bone Builders (Social Hall)

Thursday, October 11:

12:30 pm Pickle Ball (Gym)

Monday, October 15:

9:00 am Zumba Gold (Social Hall)

10:00 am Tai Chi (Social Hall)

10:00 am Mah Jongg (Art Room)

10:00 am Coffee Club (Art Room)

11:00 am Bone Builders (Social Hall)

12:30 pm Movie Showing "Hocus Pocus" (Art Room)

2:00 pm Bone Builders (Social Hall)

Tuesday, October 16:

9:00 am Senior Strength and Balance (Social Hall)

10:00 am Pickleball (Gym)

10:00 am Bridge (Art Room)

10:00 am Yoga (Social Hall)

11:00 am Rummikub (Art Room)

Wednesday, October 17:

9:00 am Zumba Gold (Social Hall)

10:00 am Senior Strength & Balance (Social Hall)

10:00 am "Just My Two Cents!" Discussion Group (Art Room)

11:00 am Bone Builders (Social Hall)

2:00 pm Bone Builders (Social Hall)

Thursday, October 18:

12:30 pm Pickle Ball (Gym)

Monday, October 22:

9:00 am Zumba Gold (Social Hall)

10:00 am Tai Chi (Social Hall)

10:00 am Mah Jongg (Art Room)

10:00 am Coffee Club (Art Room)

11:00 am Bone Builders (Social Hall)

12:30 pm Planning Meeting (Art Room)

2:00 pm Bone Builders (Social Hall)

Tuesday, October 23:

9:00 am Senior Strength and Balance (Social Hall)

10:00 am Pickleball (Gym)

10:00 am Bridge (Art Room)

10:00 am Yoga (Social Hall)

11:00 am Rummikub (Art Room)

Wednesday, October 24:

9:00 am Zumba Gold (Social Hall)

10:00 am Senior Strength & Balance (Social Hall)
10:00 am "Just My Two Cents!" Discussion Group (Art Room)
11:00 am Bone Builders (Social Hall)
2:00 pm Bone Builders (Social Hall)

Thursday, October 25:

12:30 pm Pickle Ball (Gym)

Monday, October 29:

9:00 am Zumba Gold (Social Hall)
10:00 am Mini Trip to the National Museum American History
10:00 am Tai Chi (Social Hall)
10:00 am Mah Jongg (Art Room)
10:00 am Coffee Club (Art Room)
11:00 am Bone Builders (Social Hall)
2:00 pm Bone Builders (Social Hall)

Tuesday, October 30:

9:00 am Senior Strength and Balance (Social Hall)
10:00 am Pickleball (Gym)
10:00 am Bridge (Art Room)
10:00 am Yoga (Social Hall)
11:00 am Rummikub (Art Room)



Wednesday, October 31:

9:00 am Zumba Gold (Social Hall)
10:00 am Senior Strength & Balance (Social Hall)
10:00 am "Just My Two Cents!" Discussion Group (Art Room)
11:00 am Bone Builders (Social Hall)
12:30 pm Brooke Grove "Fall Prevention Seminar" (Social Hall)
2:00 pm Bone Builders (Social Hall)

UPCOMING EVENTS:

- **November 5: Sign Up for Holiday Party Starts**
- **November 12: Veterans Day No Senior Programs**
- **November 15: Walter Johnson Thanksgiving Luncheon @ 11:00am**
- **November 19: Mini Trip to National Museum of American History @ 10:00am**
- **November 22: Longwood C.C. will be CLOSED in Observance of Thanksgiving Day**
- **November 26: Rearview Mirror Entertainment @ 12:30pm**

Tai Chi (Medstar Program): A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Please Register at **MedStarMontgomery.org/classes** or Call **(301)774-8881**. (Instructor Lead Susan Poh)

Senior Strength and Balance (Medstar Program): Focuses on increasing flexibility, balance, coordination, and cardiovascular endurance. Space is Limited. Please Register at **MedStarMongomery.org/classes** or Call **(301)774-8881**(Instructor Lead Mary Jo Cosgrove)

Yoga (Medstar Program): A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. Please Register at **MedStarMontgomery.org/classes** or **Call (301)774-8881**.
(Instructor Lead Mary Jo Cosgrove)

Zumba Gold (Recreation Program): Designed to encourage cardio activity and exercise with Latin and International music and dance. Please Register at **ActiveMontgomery.com** (Instructor Lead Amy Cohen)

Bone Builders (Recreation Program): Relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. 2 days per week commitment mandatory. All participants must Register at **ActiveMontgomery.com** (Volunteer Trainers Lead the exercise program)

Discussion Group: “Just My Two Cents!” This time is designated for active adults age 55+ to come together and spark conversations on events, people, places, and things. Your opinion is important and will be heard. (Volunteer Led)

Senior Sneaker Exercise Program Senior Sneaker Exercise Program: Montgomery County Recreation’s popular Senior Sneakers Program helps adults age 55 and older to have access to quality Weight and Exercise Room and Open Gym across the County at a very affordable \$50 annual fee. For this low fee, members can use Weight and Exercise Room and Open Gym Monday through Thursday: 10:00am to 9:00pm Saturday: 10:00am to 5:00pm Friday and Sunday the center is closed. Call (240)777-4980 for more details.

Seniors with Disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need Auxiliary Aids or services in order to participate, Call (240)777-6920 or TTY (240)777-6974, at least 2 weeks prior to the start of the activity.

Transportation If you are interested in finding out more about curb-to-curb transportation to Longwood Community Recreation Center please call 240-777-4924.

Olney Home for Life (OHFL) is an all-volunteer, no-fee organization designed to assist senior residents in Olney, Brookeville, Ashton, and Sandy Spring are age in their homes. OHFL provides seniors with Transportation for medical visits, shopping, and social events, as well as Friendly Call and Friendly Visit services. We enable a community where neighbors help neighbors. For more information on OHFL and the services we offer go to www.olneyhomeforlife.org or contact (301)466-2512.

Inclement Weather Policy When Montgomery County Public Schools are “Closed” due to inclement weather, all Senior classes and programs are “Cancelled”. If Montgomery County Public Schools have a “Delayed Opening”, all classes or events that begin before 10:00 am will be cancelled and everything else after 10:00am will remain on time. The center will open to the public when the parking lots and sidewalks have been cleared. Please sign up for Alert Montgomery @ www.alert.montgomerycountymd.gov or tune in to WTOP 103.5 FM if in doubt call (240)777-6944 for further information. Please keep in mind that staff members may not get to the facility due to unsafe road conditions.

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 am Zumba Gold 10:00 am Tai Chi 10:30 am Coffee Club 10:30 am Chair Exercises 11:00 am Bone Builders 2:00 pm Bone Builders	2 9:00 am Senior Strength & Balance 10:00 am Pickleball 10:00 am Bridge 10:00 am Yoga 11:00 am Rummikub	3 9:00 am Flu Shots 9:00 am Zumba Gold 10:00 am Senior Strength & Balance 10:00 am "Just My Two Cents!" Discussion Group 11:00 am Bone Builders 2:00 pm Bone Builders	4 12:30 pm Pickle Ball	5 CLOSED	6
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21 CLOSED	22 9:00 am Zumba Gold 10:00 am Tai Chi 10:30 am Coffee Club 10:30 am Chair Exercises 11:00 am Bone Builders 12:30 pm Planning Meeting 2:00 pm Bone Builders	23 9:00 am Senior Strength & Balance 10:00 am Pickleball 10:00 am Bridge 10:00 am Yoga 11:00 am Rummikub	24 9:00 am Zumba Gold 10:00 am Senior Strength & Balance 10:00 am "Just My Two Cents!" Discussion Group 11:00 am Bone Builders 2:00 pm Bone Builders	25 12:30 pm Pickle Ball	26 CLOSED	27
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